

CAREGIVER RESOURCE CENTER AT THE OFFICE FOR THE AGING

Our Services are still available during COVID-19

We are providing support to family caregivers remotely and in-person
(whatever you are comfortable with) during this time.

- **Powerful Tools for Caregivers Classes**—we are hosting the six-week course both remotely and in-person (your choice)! Sessions are usually in the Spring and Fall. Contact us for upcoming dates!
- **Caregiver Workshops**—held monthly on topics of interest to caregivers, these are held via Zoom.
- **Caregiver Support Group**—we are holding a hybrid caregiver support group and welcome any family caregiver to join us. Join via Zoom or in-person.

For more information about these services and any caregiving-related questions, please contact the Caregiver Resource Center at the Tompkins County Office for the Aging. We'll be glad to help you!

Phone: 607-274-5486

Email: ajackson@tomkins-co.org

Visit our website for COVID-19 resources:

<https://tomkinscountyny.gov/cofa/cofa-COVID>

For local information and statistics regarding COVID-19, please contact the Tompkins County Health Department at (607) 274-6600 or visit their website: <https://tomkinscountyny.gov/health>

Local Assistance for Caregivers

Grocery and Shopping Services

- The Office for the Aging has a list of grocery shopping and delivery services in Tompkins County, please give us a call at **(607) 274-5482**.
- The Human Services Coalition has a list of volunteers in Tompkins County for shopping &/or delivery: Call 2-1-1 or (877)211-8667, or visit their website <https://hsctc.org/211tompkins/>

Masks

- The Office for the Aging has KN95 masks available and can be mailed to those in need. Call (607) 274-5482.

Meal Delivery

- Foodnet Meals on Wheels offers meal delivery to older adults. Give Foodnet a call at 266-9553.
- For emergency or regular Food Delivery, you can also call 2-1-1.

Mental Health Services

- Family & Children's Service is providing tele-mental health services (counseling and psychiatry) to clients remotely through both telephone and video chat platforms. They also can accommodate limited in-person appointments at this time. Please call the intake department at **(607) 273-7494** for all requests.
- Tompkins County Mental Health is conducting counseling and other services by phone and by video using Zoom, with some availability for in-person appointments. Their website is <https://tompkinscountyny.gov/mh> or contact by phone **(607) 274-6200**.

Prescription Delivery

- Talk to your pharmacist about waiving fees for prescription delivery. You can also sign up for Kinney Drugs or CVS prescription delivery and save a trip to the pharmacy.

At Home Tests

- The Office for the Aging has test kits available, and they can be picked up Monday-Friday, 8:30am-4:30pm.

Regional, State and National COVID-19 Caregiver Tips and Resources

Administration for Community Living Coronavirus Guidance:

<https://acl.gov/COVID-19>

Association on Aging in New York - CDC and New York State Dept. of Health Links: <https://www.agingny.org/covid-19-information.html>

Family Caregiver Alliance - COVID-19 Articles and Resources:

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

New York State Caregiving and Respite Coalition (NYSCRC):

www.nyscrc.org

Resources for caregivers during COVID-19

National Alliance for Caregiving: www.caregiving.org

Tips and resources for caregivers to help manage during COVID-19

Rosalynn Carter Institute for Caregiving:

<http://www.rosalynncarter.org/programs/covid-caregiving/>

Resources to help caregivers prepare during COVID-19

ARCH National Respite Network: www.archrespite.org

Respite and caregiving resources during COVID-19

Family Caregiver Alliance: www.caregiver.org

COVID-19 resources and articles for family caregivers

Caregiver Action Network: Caregiver Resources, Tips and Help Desk:
<https://caregiveraction.org/covid-19>

Alzheimer's Association: Tips for Dementia Caregivers:
[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Tips for caregivers of those with dementia living at home or in assisted living facilities, and tips for staying healthy.

Centers for Disease Control and Prevention (CDC): www.cdc.gov

Up-to-date information on COVID-19

The Elder Care Locator: 800-677-1116

National number for information on local aging services.

Grief groups: Grief.com

Preventing Social Isolation

- Connect2Affect: <https://connect2affect.org/>

Connect2Affect is an online resource that offers a network of resources to meet the needs of anyone who is isolated or lonely and helps build the social connections older adults need to thrive.

- Office of Mental Health Emotional Support Line: 1-844-863-9314



The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

- Alzheimer's Association ALZConnected:
<https://www.alzconnected.org/default.aspx>

A free online community where people living with Alzheimer's, caregivers, family, and friends can ask questions, get advice, and find support.

- Alzheimer's Association Virtual Programs - listings can be found at
<https://www.alz.org/events>

Free virtual programs with information and resources from the Alzheimer's Association.

- [Well Connected](#) by Covia: Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish:
 - (877) 797-7299 (English)
 - (877) 400-5867 (Spanish)
- [Lifetime Connections Without Walls by Family Eldercare](#): Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system.



LGBTQ Resources

- [SAGEConnect](#): SAGEConnect links LGBT elders with their broader community, reducing isolation and promoting well-being. Interested individuals can register at the link provided or call the registration line at 929-484-4160.

Recreational, Health, and Wellness Activities

- Cornell Live Web Cam at Sapsucker Woods: [Click here for the webcam](#)
- Ebooks & Audiobooks from TC Public Library: Borrow ebooks, audiobooks, and magazines to read on your phone or tablet using the Libby app by Overdrive. You can even send and read your borrowed ebooks to your Kindle Ereader! It's FREE and easy to get started for new users and a streamlined experience for current OverDrive app users.

[Click here for digital magazines](#)

[Click here for audiobooks](#)

- Eight stunning virtual garden tours around the world: [Click here to tour](#)
- Broadway shows online: [Click here for shows](#)
- Yellowstone Tours: [Click here for tour information](#)
- Google Arts & Culture - <https://artsandculture.google.com/?hl=en>

Features content from over 1,200 leading museums and archives. Available online or as a downloadable app.



- American Museum of Natural History: <https://www.amnh.org/explore>

Find the latest from the Museum including blog posts and videos online.

- Smithsonian National Museum of Natural History Self-Guided Tour: <http://www.mnh.si.edu/panoramas/#>

Virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile device.

- Smithsonian's National Zoo Animal Webcams: <https://nationalzoo.si.edu/webcams>

Watch live video streams of elephants, lions, giant pandas, and naked mole rats at the National Zoo.

- National Aquarium Live Broadcasting: <https://www.aqua.org/Experience/live#btr>

Tune into the Blacktip Reef, Jellies Invasion and Pacific Coral Reef livestreams and enjoy a piece of the Aquarium from home.

- NASA

Image of the Day:

<https://www.nasa.gov/multimedia/imagegallery/iotd.html>

NASA videos:

<https://www.nasa.gov/multimedia/videogallery/index.html>

- Wheelchair accessible trails in New York: <https://www.traillink.com/stateactivity/ny-wheelchair-accessible-trails/>
- Happy - A free app that provides emotional support 24/7.
Recommended by the American Heart Association, Mental Health America, and others.



- [Journey Meditation](#) - A meditation app; offering free services for the rest of the year
- [Google Earth National Park Tours](#) - “Visit” national parks across the country and talk about which one’s older adults have been to. What did they see? Who were they with?
- Listen to free audio books on [Audible](#).

Transportation

- Gadabout is offering their full services and riders are required to wear a mask or face covering. For more information, contact Gadabout at **(607) 273-1878**.
- TCAT: All routes are running at this time, and riders are required to wear a mask. For more information, contact TCAT at **(607) 277-RIDE (607- 277-7433)**.